



RECREATION DEPARTMENT

The Heart of the Neighborhood



373 Park Way • call (619) 691-5083 for more information

ADULT FITNESS

Strength Training / Step Aerobics

Blend an all-over body shaping and strengthening workout using weights, yoga, and body building techniques with step aerobics for a low impact cardiovascular workout. Adjust your workout to meet your busy schedule. Instructor: Nancy Kelsey

Classes are on Mondays and Thursdays at 5:30 - 6:30 pm

April	2 days/week #4320.261	\$25/month or \$5/day for Residents \$30/month or \$7/day for Nonresidents
May	2 days/week #4320.262	\$25/month or \$5/day for Residents \$30/month or \$7/day for Nonresidents
June	2 days/week #4320.263	\$25/month or \$5/day for Residents \$30/month or \$7/day for Nonresidents

Cardio AB Workout

This low impact cardio vascular workout combines traditional martial arts movements with full body stretching, with emphasis on upper and lower abdominal muscles. Participants need to bring a towel or mat. Instructor: Jessica Hickman

Tuesdays	6 - 6:50 pm #4260.263	Fee: \$41 Resident • \$50 Nonresident Chula Vista Woman's Club
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Morning Aerobics Combo

Come join in cardio kickboxing/hi/lo impact aerobics classes. All levels are welcome. Burn fat and sculpt your body. Many parents enroll their children in the tiny tots classes and get a workout while there kids are in class. Instructor: Linda Landry

Classes are on Mondays, Wednesdays, and Fridays at 9 - 10:30 am

April	3 days/week #4319.261	\$25/month or \$5/day for Residents \$30/month or \$7/day for Nonresidents
May	3 days/week #4319.262	\$25/month or \$5/day for Residents \$30/month or \$7/day for Nonresidents
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